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estimated
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'DRUGS DELIVERED AS TASTY SYRUPS'
NEW WARNING ABOUT ENERGY DRINKS {page 6}

VICTORY
JOLIE PREVAILS IN LEGAL BATTLE
METRO DISH {page 16}

TORONTO metro®
Tuesday, July 27, 2010
www.metronews.ca

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Blue Jays. Flashback

▶ A fan celebrates '80s night at the Rogers Centre during last night's Jays-Orioles game.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

Home sweet home for the Jays

Back at the Rogers Centre after an 11-game road trip, the Blue Jays used their power — including a three-run homer from Jose Bautista — to top the Baltimore Orioles 9-5. More coverage at metronews.ca/sports

Who is funding the Taliban?

And how much does our federal government know? {page 8}

TFC's journey begins tonight

Reds open Champions League campaign at home {page 27}

Dry spell for young drivers

▶ Province backed off on earlier initiative to limit passengers in teen-driven vehicles ▶ Past decade has seen 235 drivers under 22 die in drunk-driving crashes

Young drivers and new motorists of all ages in Ontario will not be allowed to have any alcohol in their blood whatsoever under new rules that take effect Aug. 1.

Under legislation passed in 2009, Ontario drivers 21 and younger will be required to have a zero blood-alcohol count, regardless of what kind of licence they have.

"It is, unfortunately, young people who are often most at risk if we talk about drinking and driving," said Transportation Minister Kathleen Wynne.

"That's the stuff that keeps us up at nights, so we want to make sure we put in place rules that are going to keep our kids safe."

Novice drivers with G1 and G2 licences will also be restricted to a zero blood-alcohol count, regardless of their age.

Drivers breaking the new zero tolerance rules for alcohol will have their licence suspended immediately for 24 hours, and face a further suspension of 30 days plus a fine of up to $500.

A second offence could bring a 90-day suspension, and young drivers could lose their licence if caught with any alcohol in their blood a third time.

There are further sanctions dealing with novice drivers who have too many people in their vehicles or are caught for certain speeding offences.

THE CANADIAN PRESS

New rules

- **Precedent** Similar legislation exists in Manitoba and New Brunswick.
- **Support** Mothers Against Drunk Driving predicts the new rules in Ontario will lead to a significant drop in the fatality rate among young people.
- **Reasoning** Young drivers of legal drinking age are nearly 1½ times more likely to be involved in drinking and driving accidents that involve death or injury, according to the transportation minister.
- **Second chance** The government is offering first-time impaired-driving offenders a reduced sentence if they install an ignition interlock device.

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Cyclists test drive Jarvis bike lanes

Reversible centre path for cars removed last week Lanes run from Isabella south to Queen St. E.

Cyclists took advantage of new curbside bike lanes along Jarvis Street yesterday morning, some of them rerouting their regular commutes to try out the bright white lines painted last week.

Just less than 100 cyclists, most of them riding southbound, were counted using the new lanes at the corner of Dundas and Jarvis streets between 8:15 and 9:15 a.m.

"It's a big improvement. I came out of my way to use it," said Chris Jacobs, on his way to work.

"It's awesome. Today's my first day, and I think I'll use it regularly," said Keith Leong, who says his usual route runs south on Church Street.

Yesterday morning's commute was a more civilized scene than last Monday's, which was dogged by confusion about the closed middle lane. Cars crawled bumper-to-bumper, while cyclists stuck to the curb.

But not everyone was happy with the change. Elaine Redekop said her bike ride was better with the lanes, but expressed some concern about how to stop cars from using them as parking spots.

Others commented on the need to repave the street, saying the surface was too bumpy for cyclists.

Some motorists appeared frustrated as well.

As cyclist Miro Munhaz described how his route to work on Wellington felt safer, a man in a white Jeep yelled out his window, "I hate it."

TORSTAR NEWS SERVICE

COLIN MCCONNELL/TORSTAR NEWS SERVICE

▶ The new bike lanes opened on Jarvis Street yesterday, much to the chagrin of motorists and the happiness of cyclists.

Youth Day with a Twist sets new world record

Youth Day 2010 at Yonge-Dundas Square Sunday set a new Guinness World Record for the most participants dancing the Twist on its 50th anniversary.

Registrants numbering 1,978 danced with a stage full of performers — even mayoral candidates such as Joe Pantalone shared the excitement.

14,000
The number of visitors who witnessed the record-breaking dance.

The attendance surpassed organizers' expectations.

METRO NEWS SERVICES

RENE JOHNSTON/TORSTAR NEWS SERVICE

▶ Joe Pantalone

News in brief

To buy locked or unlocked?

TECH. Apple will be selling the iPhone 4 unlocked, or free to purchase without the confines of a wireless contract, starting Friday. Rogers, Bell and Telus are selling the phones at low costs with long-term contracts. **TORSTAR NEWS SERVICE**

Man faces more charges

CRIME. York regional police have added attempted murder charges against Leslie Ralph Snook, 41, of Keswick following a five-hour standoff at a home in Georgina. Snook was previously charged with weapons offences.

THE CANADIAN PRESS

Ex-mayor joins Hamilton race

POLITICS. Former Hamilton mayor Larry Di Ianni wants his old job back. Di Ianni said he's entering the mayoral race in the October civic elections.

THE CANADIAN PRESS

1 news

News on the move

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2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Female Afghan police hopefuls get first day of training with their Canadian mentors. Video at metronews.ca/canada

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MISSISSAUGA

Muslim festival on tap this weekend

On Saturday and Sunday, the City of Mississauga and its Living Arts Centre host MuslimFest 2010. This year, MuslimFest brings back some festival favourites and introduces new faces. Included are performances by children's television show Adam's World, theatre group Domestic Crusaders, percussion band Halal Meat, Nasheed artist Nader Khan and violinist Areej Obeid. The festival's main event, Sunday's Night of Comedy and Poetry, features Somalian standup Prince Abdi, Bob Cates of Comedy in Motion and Hamza Moin.

METRO NEWS SERVICES

Man arrested in murder

Police have arrested one of two men being sought in the stabbing death of a Toronto man earlier this month. Police say 26-year-old Sharmake Abdi was charged with first-degree murder Sunday. He is charged in the death of 37-year-old David Darcy July 14. Darcy was found next to an SUV.

THE CANADIAN PRESS

ROM extending free hours

The ROM is extending its free hour Wednesdays. Wednesday afternoons, starting at 3 p.m. for the rest of the summer, admission to The Warrior Emperor is $7 (seniors, adults and students) and $3.50 (children). Admission to the ROM's permanent galleries and temporary exhibitions is free.

METRO NEWS SERVICES

Transport Ministry was target of raids

RICK MADONIK/TORSTAR NEWS SERVICE

▶ Provincial Transport Minister Kathleen Wynne said she had no details of the police raids.

Minister confirms MTO offices were part of OPP probe

There were still a lot more questions than answers yesterday after Transportation Minister Kathleen Wynne confirmed her ministry was one target of a police raid on a provincial government office complex in Toronto.

The anti-rackets branch of the OPP seized a number of documents July 15 in a raid at the Macdonald Block. "I was told ... I know what's in the newspapers," Wynne told reporters. "The investigation is ongoing and I am really not aware of anything more than what is in the public realm."

Wynne became the first Liberal cabinet minister to confirm her ministry was one of three targets of the police investigation, although a senior government source said more than a week ago that no elected or political staff were suspected of any wrongdoing. Finance Minister Dwight Duncan and Environment Minister John Gerretsen have both said the investigation does not involve their staff, while Attorney General Chris Bentley has declined comment.

THE CANADIAN PRESS

No charges

- The opposition parties and public sector unions have called on the Liberals to "come clean" and tell people exactly who is under investigation to remove the cloud of suspicion left hanging over thousands of civil servants who work in the Macdonald Block.
- No charges have been laid in connection with the raids.

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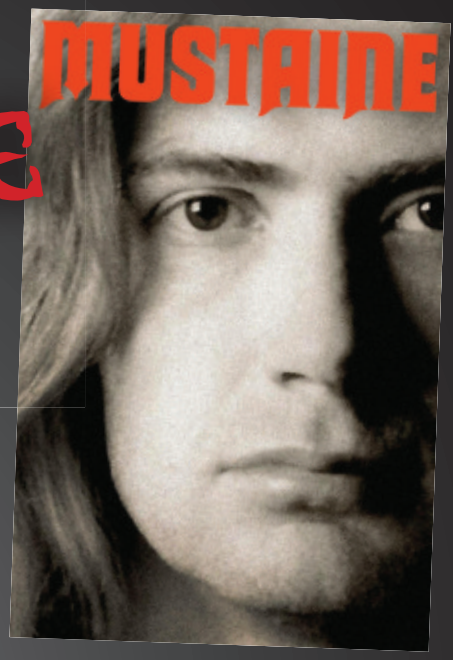

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PAUL CHIASSON/THE CANADIAN PRESS

More kids are drinking caffeinated energy drinks.

Caffeine conundrum

Alarm raised over increased consumption of energy drinks by kids
Loaded with caffeine, beverages can have adverse effects on youth

The Canadian Medical Association Journal is voicing alarm over the increasing popularity among kids and teens of highly caffeinated energy drinks.

"Caffeine-loaded energy drinks have now crossed the line from beverages to drugs delivered as tasty syrups," senior editors of the journal said in an editorial released yesterday.

They argue Health Canada should require producers to use clearer labelling and should bar promotion targeting the child and teen market. They also suggest parents need to be informed about the caffeine contents of drinks.

The editorial said some energy drinks contain the caffeine equivalent of 10 cans of cola and noted the effects of high concentrations of caffeine in kids should be concerning.

Excess caffeine can cause nervousness, irritability, rapid heart rate and sleeplessness, which itself can cause a domino effect of problems in kids.

But Refreshments Canada, which represents beverage producers, took exception to the editorial, suggesting it contains a number of inaccuracies.

Alan Grant, director of communications, said the group's members like Pepsi Cola and Coca Cola don't target children in their advertising.

Health Canada suggests kids aged 10 to 12 should not consume more than 85 mg of caffeine a day, about a can or two of cola. With children aged four to six the recommended daily maximum is 45 mg; for children aged seven to nine, the maximum is 62.5 mg. THE CANADIAN PRESS

Ice Cream. Oh, Cone-ada!

Carolee Dunn has won a year's supply of ice cream.

THE CANADIAN PRESS

A truly Canadian flavour is born

Carolee Dunn of Burlington won first place and a year's supply of Ben and Jerry ice cream for her entry Oh, Cone-ada! in its ice cream-naming contest.

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COREY MINTZ/TORSTAR NEWS SERVICE

▶ Chef Robert Bartley preps hotdogs for Burkie's Doghouse in the Air Canada Centre.

Finally, someone at the ACC does well

Eight venues received perfect scores Ottawa's Scotiabank Place only other Canadian perfect score

The Air Canada Centre and Rogers Centre are among the cleanest sports venues in North America when it comes to food inspection, according to a survey by ESPN.com.

ESPN ranked more than 100 arenas in Major League Baseball, the NBA, the NHL and the NFL. The arenas were judged on routine inspections, and the scores were based on a percentage of vendors in violation of health requirements.

At the Air Canada Centre, home of the Leafs and Raptors, and the Rogers Centre, home of the Blue Jays, zero per cent of vendors had critical violations.

Bob Hunter, vice-president of venues and entertainment for Maple Leaf Sports and Entertainment Ltd., said the organization was thrilled with the Air Canada Centre's ranking.

TORSTAR NEWS SERVICE

For more on the ESPN survey, visit www.metronews.ca

Man, 50, remanded in Chalet standoff

Charges

McBurnie faces a total of nine charges, including numerous firearms offences, after an armed man barricaded himself and the restaurant manager inside a Swiss Chalet on the Queensway, near Kipling, last Friday afternoon.

The 50-year-old man arrested after an armed standoff with police at an Etobicoke Swiss Chalet last week was remanded in custody yesterday after a brief court appearance. Terrance McBurnie didn't appear to have any friends or family in the courtroom.

TORSTAR NEWS SERVICE

McCallion bent rules, inquiry hears

Mississauga Mayor Hazel McCallion's oldest son was not only part of "a preferred group" she picked to build a hotel and convention centre near city hall, but she vouched for the "financial means" of Peter McCallion's business partner, a judicial inquiry heard.

Peter McCallion's company was also allowed to forgo paying the city hundreds of thousands of dollars in fees, inquiry counsel William McDowell said yesterday.

McCallion's lawyer, Elizabeth McIntyre, responded in her opening statement that the mayor's position was that she acted appropriately, as defined by the provincial code at the time.

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Canada gets caught up in leak scandal

Leaked memo: Washington asked Ottawa to participate in a rebuke of Saudi Arabia and South Africa

A murky story of how the Taliban financed its war in Afghanistan and what Canada and the U.S. did to stop it are part of a trove of leaked American documents.

Foreign Affairs Minister Lawrence Cannon denied yesterday that the federal government has misled Canadians about the war and condemned the leak of 91,000 pages of documents to a whistleblowing website.

One of the notes, released by WikiLeaks, shows Ottawa and Washington suspected South Africa of allowing the Taliban to fundraise on its soil.

THE CANADIAN PRESS

Reactions

- **U.S.** The White House says the release of 91,000 secret military documents is a breach of federal law and a potential threat to U.S. military personnel.
- **Afghanistan** Clearly pointing a finger at Pakistan, the Afghan government said the leaked documents verify Afghanistan's long-held view that the war won't end until terrorist sanctuaries in neighbouring nations are shut down.
- **Britain and Pakistan** Both countries have joined the White House in condemning the release of classified documents.

France. Failed rescue

▶ French President Nicolas Sarkozy delivers a speech yesterday during a limited security and defence council at the Elysee Palace.

JACQUES BRINON/THE ASSOCIATED PRESS

Payback promised

French President Nicolas Sarkozy said the death of a 78-year-old French aid worker, who since April had been held hostage by an al-Qaida group in North Africa, and who was killed after a failed bid to rescue him, "will not go unpunished."

BP reassigns its gaffe-prone CEO

PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

▶ Tony Hayward

BP is jettisoning CEO Tony Hayward, whose verbal blunders made the oil giant's image even worse as it struggled to contain the Gulf oil spill, and will assign him to a key job in Russia, a person familiar with the matter said yesterday.

Hayward is set to step down in October and take a post at TNK-BP, the company's joint venture in Russia, according to the person, who spoke on condition of anonymity because an official announcement had not been made by the British company's board.

THE ASSOCIATED PRESS

Texting cyclist charged

Police in Owen Sound say a 16-year-old boy was texting while riding a bicycle Sunday morning. The boy hit a parked vehicle and was thrown from his bike.

He has been charged with careless driving.

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Khmer Rouge chief jailer gets 35-year sentence

Tribunal says regime was product of troubled Cold War times • Four other Khmer leaders awaiting trial

A UN-backed tribunal sentenced the Khmer Rouge's chief jailer to 35 years for overseeing the deaths of up to 16,000 people — the first verdict involving a senior member of the "killing fields" regime that devastated a generation of Cambodians.

Victims and their relatives burst into tears after learning that Kaing Guek Eav — also known as Duch — will actually serve only 19 years after being convicted of war crimes and crimes against humanity after taking into account time already served and other factors. During the 77-day proceedings, Duch admitted to overseeing the deaths. Torture used to extract confessions included pulling out prisoners' toenails, administering electric shocks and waterboarding. At least 100 people bled to death.

The prosecution and defence have one month to appeal. THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

▶ Kaing Guek Eav

Killing fields

- A former math teacher, Duch joined Pol Pot, the former leader of Khmer Rouge in 1967, three years before the U.S. started carpet-bombing Cambodia to try to wipe out Northern Vietnamese troops and Viet Cong inside the border.
- By 1976, he was the trusted head of its ultimate killing machine, S-21.
- After a Vietnamese invasion forced the Khmer Rouge from power in 1979, Duch disappeared for almost two decades.

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Canada gets tough on Iran's nuclear program

Joins Western allies in imposing new sanctions on Tehran Increases pressure to drop nuclear weapons

Foreign Affairs Minister Lawrence Cannon says Canada will impose tougher sanctions on Iran as part of an international campaign against that country's nuclear ambitions.

He says the measures aren't intended to punish the people of Iran, but to send a message to "the aggressive and irresponsible government in Iran."

The new sanctions will include a ban on any new Canadian investment in Iran's oil and gas sector or government securities and restrictions on exporting goods that could be used in nuclear programs.

The West accuses Iran of seeking to develop nuclear weapons, but Tehran says its nuclear program is only for peaceful electricity production.

Iranian banks will also

▶ Lawrence Cannon

be barred from opening branches in Canada and Canadian banks will not be able to set up operations in Iran.

The European Union has announced a new round of sanctions to curb oil investment and cut exports of "dual-use" goods that could be employed by the nuclear industry.

Cannon said Tehran has flouted United Nations efforts to rein in its nuclear program.

"The acts of Iran and the aggressive talk are an affront to Canada's standards and its desire to maintain nuclear safety," said Cannon, rejecting Iran's claims about peaceful power production.

"The actions of Iran are bringing it closer and closer to producing nuclear weapons which pose a threat," he said.

Last month, Iran announced it had produced 20 kilograms of enriched uranium.

Cannon said the international community is united on the need to curb Iran's nuclear efforts.

"No state can threaten international peace and security without consequences," he added.

THE CANADIAN PRESS

Mousavi issues warning to leaders

Iran's opposition leader says the country's hardline political leaders could suffer the same fate as the deposed Shah's regime if they continue to consolidate their grip on power. This represents a clear break by Mir Hossein Mousavi with a ruling system he was once part of before recasting himself as leader of the reform-seeking opposition in last year's presidential election.

THE ASSOCIATED PRESS

West Bank. More violence

▶ An Israeli boy hurls a rock at Palestinians near Yitzhar.

NASSER ISHTAYEH/THE ASSOCIATED PRESS

10 injured during clash

Israeli settlers hurled rocks at Palestinians yesterday near the Jewish West Bank settlement of Yitzhar during a violent confrontation.

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BlackBerry data management raises questions in Mideast

UAE's Telecommunications Regulatory Authority said certain BlackBerry applications allow people to misuse service

How email and text messages are managed on BlackBerry smartphones is facing scrutiny in the United Arab Emirates, where authorities say the devices operate outside national laws.

The Middle Eastern country's telecommunications watchdog has noted that data services are managed by Research In Motion outside local control and it wants that to change.

The United Arab Emirates is among countries that censor websites and other forms of media.

THE ASSOCIATED PRESS FILE PHOTO

▶ BlackBerry

"It's a control issue," PC Magazine analyst Sascha Segan said yesterday.

Data from BlackBerrys in United Arab Emirates goes through RIM computers in the United Kingdom, he said.

"Uniquely on BlackBerrys, all email and a lot of other data goes to a set of RIM computers before it goes to its destination," said Segan, managing editor of PCMag Mobile.

"That is so RIM can compress the data to speed up transfers and so that RIM can bundle it to lower the impact on battery life, and so that RIM can encrypt and secure the data for corporate management reasons."

The result is good for wireless carriers, too, because BlackBerrys use less network capacity, Segan said from New York. **THE CANADIAN PRESS**

ScanLife

The European Union opened two antitrust investigations against IBM Corp. Scan this code for the story.

Kool Haus. Explorer

▶ Magician Greg Frewin unveils the 2011 Ford Explorer yesterday morning during a special event at the Kool Haus.

JOHN R. KENNEDY/FOR METRO TORONTO

New features on 2011 Explorer simply magic

The latest 2011 version of the popular Ford Explorer SUV features improved fuel economy and new safety features like inflatable rear seatbelts. Frewin, who won magician of the year at World Magic in 2009, performs regularly in Niagara Falls.

iPhone owners can break locks

Owners of the iPhone will be able to break electronic locks on their devices in order to download applications that have not been approved by Apple. The U.S. government is making that legal. **THE ASSOCIATED PRESS**

Sharp drop for May insolvency

The number of Canadian personal and business insolvencies fell sharply in May. The federal bankruptcy office in Ottawa said the total number of filings dropped to 11,526, down nearly 13 per cent from May 2009. **THE CANADIAN PRESS**

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
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STRANGERS ON A TRAIN: TICKET TO FLIRT

She says ...

JESSICA NAPIER

Even though I'm in a happy, committed relationship, I have to admit that lately I've been spending a lot of time pressed up against other men ... and women.

Like many urbanites, I spend more than an hour every day crowded inside packed trains and buses, dutifully riding to work with my fellow commuters. In fact, as you read these very words I'm probably desperately clutching onto a subway pole nearby, carefully balancing on my not-so-sensible heels.

While I might start every journey with a small sense of pride (I'm eco-friendly and saving money on car insurance!), I inevitably emerge from the underground a sweatier, crankier version of myself. It's uncomfortable, overcapacity and there is always some guy standing beside me with his iPod turned up far too loud.

Public transit is certainly not sexy. But for some people — and these are probably the same folks who think the gym is an appropriate pick-up locale — the daily commute is prime time for serious flirting.

I'll admit, there are some attractive people riding transit. But when a brutal combination of signal delays and construction holdups have left me standing on a platform for 20 minutes, I am in no mood to strike up a conversation.

"I can see the potential for romance happening every day in the stolen glances across the aisle and the hands brushing against one another as they clasp at the same subway pole."

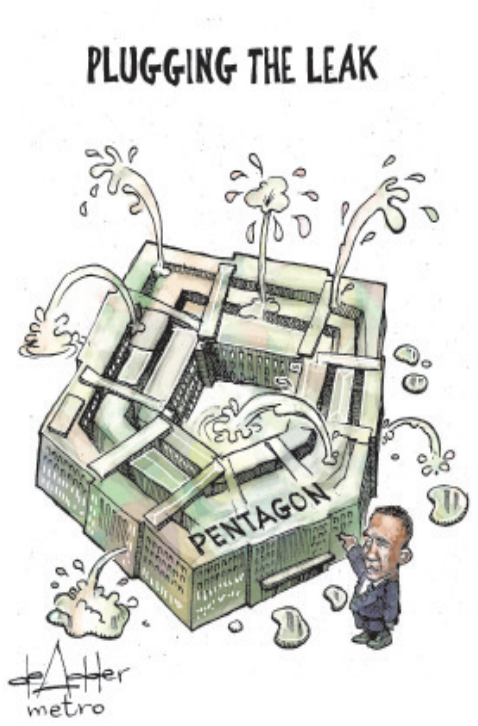
Yet, I can see the potential for romance happening every day in the stolen glances across the aisle and the hands brushing against one another as they clasp at the same subway pole. Just spend five minutes on Craigslist browsing the "missed connections" page and you will find plenty of commuters hoping to reunite with a rush-hour run-in.

The more time I spend on public transportation, the more I wonder how many real relationships blossom out of these fleeting encounters. I assume that for every successful hookup there are about 100 awkward and embarrassing rejections. Sometimes it's hard to know when your subtle eye contact has turned into creepy leering. Here's a hint fellow riders: Glancing up from your book is coy; undressing someone with your eyes is inappropriate.

So good luck to all you single travellers, but remember to practise picking up with caution. In the words of 30 Rock's Liz Lemon, you can do some serious flirting on the subway before you realize the guy is homeless.

Cartoon

MICHAEL DE ADDER



Highest form of flattery

Letters & Tweets

Re: Ned Ehrbar's story for Dinner for Schmucks (July 23-25)

TORONTO. We read the story, but nowhere did we find a reference to the original movie (Le dîner de cons) or to its screenplay author Francis Veber. It saddens us that there were no references to the original idea.

Veber should have received his credit. Even its title is a direct translation of the original title.

TANIA YUDITSKAYA AND EUGENE ZHILINSKY

We asked: What book would you like to see made into a movie?

TORONTO. The Regiment (1955) by Farley Mowat, Ortona by Mark Zuehlke, and the classic crime novel Red Harvest (1929) by Dashiell Hammett.

LARRY ROBERTS

TORONTO. I would suggest that the huge amount of paper you waste in printing celebrity gossip every day could be put to better use. I certainly have not been living in a cave, but I have never heard of any of these people.

The dumbing down of journalism in recent years is quite alarming and actually quite insulting.

Why don't you break free of the braying herd and work to correct it?

FRANK MACKAY

Is imitation on the menu?

TORSTAR NEWS SERVICE FILE

What would you rather have more of, time or money?

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Metro Minute at Tequila Bookworm

Your favourite neighbourhood book nook may have moved to larger digs, but Tequila Bookworm remains one of Queen Street's most relaxing places to curl up with a great read. Although the service may be on the slow side, and it may not grind the best espresso beans in the city, nothing beats the feeling of communal literary appreciation like the rickety chairs and worn out sofas.

For late-night study marathons, Tequila Bookworm lives up to its namesake by offering a bevy of alcoholic … er, study enhancers. Open late by Toronto standards (11 p.m. on weekdays), Tequila Bookworm is located at 512 Queen St. W.

JORDANA DIVON

CONTRIBUTED

▶ Tequila Bookworm is located at 512 Queen St. W.

So fresh and so Lucious

After being told his album was too artsy, Big Boi took it to another label and gained much success The rapper tapped into his Jedi music-making skills

TINA CHADHA
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Big Boi answers the phone with an "'El-low mon," horsing around in a fake island accent. The time seems right for fun and games, since the rapper, half of mega hip-hop group Outkast, finally released his delayed solo project Sir Lucious Left Foot: The Son of Chico Dusty.

The release comes after an extended period of drama with his former record label. Jive held the album for nearly three years, saying it was too artsy to put out. So Big Boi went to Def Jam. A creative mix of funk, soul, electro and retro sounds — like nothing you've ever heard, and everything you want to dance to — Sir Lucious debuted at No. 3 on the Billboard charts and is receiving tremendous critical acclaim. Hell, notoriously biting Pitchfork even gave the album a 9.2.

So is it time to walk around the Jive offices with an I-told-you-so smirk? "I didn't have to tell them, I think the world is telling them," says Big Boi. "You have to leave the music-making to the professionals."

Even when Jive shelved the project, the Atlanta native says he never considered tweaking his work: "I'd rather not do music if I had to conform to today's standards. I know what I wanted it to sound like. And I'm definitely not a quitter."

Sir wha?

What's with the title Sir Lucious Left Foot: The Son of Chico Dusty

"I have different monikers I use for different moods. Sir Lucious is like when Luke ... became a Jedi, just a master of his craft; really into it. I love making music. Chico Dusty references my father. He was the leader of the family and when he passed away, I became the leader."

▶ Big Boi is hard at work on the next Outkast album, and his next solo project, Daddy Fat Sax: Soul Funk Crusader.

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

YOUNG FOREVER CANADIAN

Every time Neil Young plays Winnipeg — he's playing there tonight — it's a big deal. While the legendary artist was born in Toronto and lived in Omemee, Ont., as kid, it was in the 'Peg where he spent his teenage years.

The city's residents love to claim Young as their own, and you can't blame them — he played Winnipeg's clubs, started his first band The Squires here, was friends with Randy Bachman — but is he really a Winnipeg artist? Or even a Canadian one for that matter?

Young might play north of the 49th sometimes but he has never recorded an album in Canada and his producers are almost all American. (He is working with Daniel Lanois on a new disc.) He's been living down south for 44 years, pays American taxes and his wife and kids are all born in the U.S.

However, in a 2005 Time Magazine interview he said: "If I ever had to give up my Canadian citizenship to become American I wouldn't do it ... I love Canada. As I get older, more and more I start singing about Canada."

So, as long as he's a Canadian citizen, he'll stay Canadian in my books. But I wouldn't call him "Winnipeg's own". He's lived in various cities across the country and really, he belongs to everyone here.

2 scene

In brief

Barack Obama is scheduled to appear on the Thursday edition of ABC's The View. This will be the first time a sitting U.S. president visits a daytime talk show.

THE ASSOCIATED PRESS

Scan code for a story on old rockers made new (for instructions, see page 3)

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TV watch list

Robbins helps newlyweds

CHANGES. Americans make some major life changes, thanks to a towering celebrity life coach with a giant grin, in Breakthrough with Tony Robbins. In this debut, Robbins helps newlyweds whose lives were turned upside down when the husband broke his neck on their honeymoon. The accident has left him confined to a wheelchair for life, with his wife as his primary caregiver.

- **Breakthrough with Tony Robbins**
  Reality
  NBC

A double dose of Ramsey

COOKING. Expect temper tantrums galore as snippy Chef Gordon Ramsay is featured on two series, back-to-back. First is cooking competition Hell's Kitchen, where contestants teach a monkfish recipe to bachelors. Then on the debut of the series Master Chef, Ramsay judges dishes created by home cooks who aim to be professional chefs. (Fox)

- **Hell's Kitchen and Master Chef**
  Reality-competition
  Fox

THE CANADIAN PRESS

MTV tops GLAAD ratings

Report examines hours of TV time that include gay, bisexual, transgender people CBS gets "Failing" grade

MTV held a solid lead among 15 networks for its representation of gay characters last season, according to a report released Friday.

In its fourth annual Network Responsibility Index, the Gay & Lesbian Alliance Against Defamation found that of MTV's 207.5 hours of original prime-time programming, 42 per cent included content reflecting the lives of gay, bisexual and transgender people. This earned MTV the first-ever "Excellent" rating from GLAAD.

"MTV programs like The Real World and America's Best Dance Crew have offered richly diverse portrayals of gay and transgender people that help Americans better understand and accept our community," said GLAAD president Jarrett Barrios.

Among broadcast networks, the CW was on top with 35 per cent, while Fox ranked a close second with 30 per cent. ABC, with 26 per cent, got a "Good" rating, while NBC was "Adequate" with 13 per cent. CBS' 7 per cent earned that network a "Failing" grade from the report.

GLAAD noted, with approval, the parenting role played by gay couple Mitchell and Cameron on ABC's Modern Family, and the story line on Fox's Glee where high school student Kurt comes out as gay to his father.

THE ASSOCIATED PRESS

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▶ The sitcom Modern Family features a gay couple Mitchell (centre) and Cameron (right) who have an adopted child.

DVD Releases this week Buy it | Rent it | Borrow it | Yawn | Don't bother

Clash so bad, it's good

Clash of the Titans
Genre: Action **Director:** Louis Leterrier
Stars: Sam Worthington, Liam Neeson

Torontonians watching this unintentionally hilarious remake of the 1981 adventure epic will be tempted to groan "Arghoohs!" at regular intervals, as fans of the Argonauts football team are wont to do whenever their pigskin heroes disappoint them. You don't need any further enticement to moan or snicker than what's already on offer from Clash of the Titans, directed by Louis Leterrier (The Incredible Hulk). It's definitely in the so-bad-it's-good category of blockbusters (hence my highly charitable "good" rating of 3 stars).

Imagine the twee mysticism of The Lord of the Rings crossed with the sweaty male bonding of 300, blended with the contrarian posturings of Bewitched and you get the idea.

It's one supremely silly movie, but it's also a Razzies-ready hoot, especially when the gods get really mad at the rebellious humans and Zeus yells, "Release the Kraken!" a reference to the giant sea monster this movie thriftily shares with Pirates of the Caribbean.

PETER HOWELL

Repo Men
Genre: Sci-Fi/Action
Director: Miguel Sapochnik
Stars: Jude Law, Forest Whitaker

Repo Men takes chunks of Blade Runner, Logan's Run and District 9, add a dollop of Total Recall and fry it up in the lard of Repo! The Genetic Opera. Season and serve.

In the cowardly near-future world of Repo Men, science has created mechanical replacements for every human function, but these spare parts are sold at sky-high prices. A heart costs the price of a house, and it comes with an even steeper mortgage: failure to pay results in very messy repossession procedures.

PETER HOWELL

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Lindsay getting tons of prison TLC

Family and friends have been wearing out their guest passes to keep the jailed actress company

Lindsay Lohan has been using up her weekly visitors quota quickly while at the Lynwood, Calif., detention center where she's serving out her sentence. So far, she's getting face time with mom Dina Lohan, lawyer Shawn Chapman Holley and, most notably, ex-girlfriend Samantha Ronson, according to People magazine, who has been supportive of Lohan during her legal battle, prompting rumors of a rekindled romance.

METRO WORLD NEWS

AP PHOTO

▶ "Leave me alone! ... Just kidding. Please pay attention to me."

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KOL lose battle with band of pooping pigeons

An infestation of pigeons that bombarded the Kings of Leon with droppings at the Verizon Wireless Amphitheatre managed to force an early end to the rock band's concert Friday night.

A statement from the band's management company, Vector Management, says bassist Jared Followill was hit several times, including near his mouth, and that the onslaught of feces was a potential health hazard. The crowd grew restless after the band walked off, and an announcement told them that the show was over.

GETTY IMAGES

▶ Jared Followill ran off like this poop was on fire

Concert promoter Live Nation says fans will get a full refund.

THE ASSOCIATED PRESS

Talking points

Bynes steps out of early retirement

AND NOW THE WORLD CAN CONTINUE TO FUNCTION. Amanda Bynes used her Twitter account to reverse her decision from two months ago to retire from acting, posting simply, "I've unretired." The 24-year-old Hairspray star had previously taken to Twitter to explain she'd had enough of showbiz, writing, "I don't love acting anymore, so I've stopped doing it."

Tabloid feels the wrath of Brangelina

THE MORAL OF THE STORY IS: DON'T MESS WITH ANYONE WEALTHIER THAN YOU. Angelina Jolie and Brad Pitt have come out on top in their legal battle with the News of the World, according to E! News. The superstar couple sued the newspaper after it reported last January that they had met with a Los Angeles divorce lawyer, prompting breakup rumors. "When the News of the World failed to publicly retract the allegations and apologize for them — thereby leaving their readers in the dark as to the true position — the couple felt they had no alternative than to sue," their attorney said in a statement. The undisclosed settlement will go to charity.

METRO WORLD NEWS

Celebrity tweets

David Spade [@David-Spade] did paris hilton get caught w pot again? i think thats lost its shock value. its like hearing she ran a stop sign

Tila Tequila [@Tila-OMG MAYBE WHAT LINDSAY NEEDS IS A PEN-PAL???

John Mayer [@johnc-mayer] I've heard a lot of references to "capris" "manpris" and "clam diggers" but the correct terminology is "high-water pants"

METRO WORLD NEWS

Two boring, pretty people get married

NEXT! After just one month of engagement, Victoria's Secret model Miranda Kerr and Pirates of the Caribbean star Orlando Bloom tied the knot in a private ceremony, according to People magazine. The surprise wedding was so secret that Kerr even had something else planned for that day: an appearance at Australian department store David Jones, which she canceled at the last minute. "David Jones very graciously released me during this period so we could celebrate an intimate ceremony and honeymoon together," Kerr said in a statement. It's safe to bet their honeymoon will involve a number of bikinis.

METRO WORLD NEWS

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Sweating the hot stuff in the studio

Bikram or 'Hot' Yoga is one of the hippest and sweatiest workouts out there Metro speaks to an instructor to understand the benefits and drawbacks of letting it all out

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

▶ In the heat of the workout. Bikram Yoga class in a hot and sweaty London studio.

The Basis Of Bikram

The postures combine balance and resistance. Bikram goes beyond flexibility, requiring coordination, focus and stamina through the core. The body builds up strength around flexibility, and not the other way around. Like all other physical exercise, the benefits gained from Bikram Yoga will be heightened for those living a healthy balanced life in parallel.

Why the heat?

The Physical

Bikram Yoga is a selected series of 26 hatha yoga postures carried out in a heated room of up to 40 C. Designed by Yogi Bikram Choudhury, the motive was to trigger sweating, ultimately the body's most natural and effective way of ridding itself of toxins and impurities. Sweating is a natural part of exercise, cooling you down, and people should learn not to be put off by it. Although exercising at such high temperature is challenging, there are many advantages.

Oram, who teaches Bikram Yoga in London explains how both the heat and sweating cause the blood to thin, clearing the circulation system. Oram says: "40 degrees is a safe temperature to stretch and work out in as the muscles stretch more easily in the heat and the joints work better, allowing you to push deeper into the stretch."

Heat is a catalyst to sweating, making the body detoxify and cleanse the skin. "You will experience an all-round improvement, from how your body heals, to the circulation of blood around the body over to kidney function," he explains. The heat also removes some of the lactic acid build up we experience with exercise, reducing feelings of stiffness or pain.

"Remember, heat is a catalyst for everything," says Oram, "Warm muscles burn more calories and the postures will have you pushing your physical boundaries. Adding heat to the equation will improve the speed of heart and respiration rate, further improving metabolism." Being more in tune with your body as a whole also reduces the risk of injury.

The mental

Being active is very calming for the mind, promoting willpower and mental strength. The challenging nature of Bikram Yoga forces you to focus your mind and whatever your limits are, you are made to face and assess them. Letting your attention switch to your body and senses, from healing into feeling stretching and breathing will help you feel more balanced and calm. On the other hand, for those who are over active, Bikram is a healthy medium through which to channel excess energy. The end of each class is like the slate has been wiped clean again, promoting a feeling of lightness of mind.

Breathe And Burn

Breathing is a key element across all forms of Yoga and getting it right can be tricky. In Bikram, breathing comes first in the form of pranayama. This particular breathing technique is aimed at improving the circulatory and respiratory system and opening up the chest and the lungs. Over time, the lungs elasticity is increased giving them a greater capacity and ability to take in deeper breaths.

Watch out for

The extreme heat in which Bikram Yoga is carried out can have drawbacks if you are not careful.

- **Make sure you eat breakfast:** Although it is recommended that you do not eat two hours before class, many people take this too far and skip meals altogether. The high temperatures are strenuous and not eating could cause dizzy spells and very rarely, feeling faint.
- **The heat enables you to push deeper into the stretch:** Making sure you don't push yourself to the point of damaging muscles or causing stress on your body is important.
- **90 minutes of Bikram Yoga makes people sweat profusely:** Make sure to drink plenty of water before, during and after the class to keep hydrated.

3 life

News in brief

Elliptical trainers have been a long-time presence in gyms and fitness facilities and a go-to piece of equipment for those looking to get their cardio fix. But for individuals suffering from lower back problems, research suggests they may need to think twice before stamping their ticket to ride on the popular workout machines.
THE ASSOCIATED PRESS

Medical devices causing injuries for children

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Marriage good for healthy aging

CELIA MILNE
WELLNESS@METRONEWS.CA

How do you age successfully? Marriage helps. Kids don't necessarily.

Believe it or not, being married is one of the things that helps you remain healthy and independent later in life, according to a study of 5,600 people done recently at the New Jersey Institute for Successful Aging school of osteopathic medicine.

But whether or not you have kids doesn't seem to make a difference in terms of healthy aging, researchers found. (Many would argue kids accelerate the aging process).

Stay healthy by

- Being married
- Being educated
- Having never been in jail
- Consuming only moderate amounts of alcohol
- Working for pay or volunteering

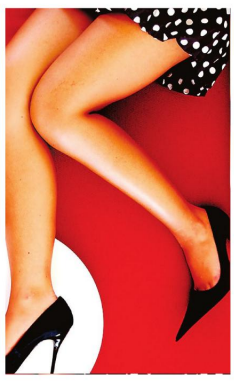
News in brief

Marijuana link debunked

STUDY Smoking pot is unlikely to reverse the signs of Alzheimer's disease. A study done at the University of British Columbia and Vancouver Coastal health Research Institute debunks the idea that marijuana can be beneficial for those with cognitive diseases.

CELIA MILNE

Five tips to beat heavy legs



When your legs feel heavy, it could be down to two things; fluid retention or poor circulation. These top 5 tips from Ramona Braganza will help you lighten up and get moving again.

1. Stay away from foods that are high in salt as they will make you retain water and feel bloated.
2. Avoid drinking too much soda as it contains a lot of sodium. Try drinking more water instead.
3. Lie down on your back and elevate your legs. This will instantly make you feel better as it will relieve tension and potential discomfort. If you are really suffering, consider sleeping with your legs propped up on a pillow. Elevating your legs above heart level will get the fluids flowing better around the body.
4. Do a series of stretches such as leg circles and calf raises to stimulate blood flow and improve circulation.
5. If all else fails, invest in a pair of compression socks, but only after you have seen a doctor and he has suggested it.

METRO WORLD NEWS

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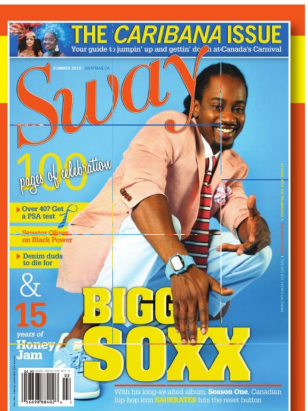

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Workout blends martial arts, yoga

Trainer Cameron Shayne sheds some light on his fusion workout Budokon A clever combination of feminine and masculine motions

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

In Japanese, 'Bu' means warrior, 'do' is way and 'kon' spirit. With Budokon, Cameron Shayne has not only created one of the hottest workouts — (Jennifer Aniston is his poster girl) — but a way of life.

"Budokon teaches you to become aware of the fact that the way you do anything in life is the way you do everything. It encourages people to do an inventory of their lives and choose to be masterful across every endeavour," he says.

"Being true to yourself and knowing what your body needs is important. Most people are fit but unhealthy as they are putting the wrong types of fuel into their body."

Budokon also encourages clean nutrition. A diet based on seeds, fruit and vegetables, lean meats and healthy fats (avocado and nuts) is essential for enhancing performance.

"You are what you eat," explains Shayne.

Physically Budokon is a fluid and organic way of returning the body to its natural, instinctive and fit state of mind.

The Fusion

Budokon is unique in that it combines three different practices to teach rebalancing the body.

Budokon is the ying and yang of workouts rolled into one: feminine yoga moves are fused with the more masculine motions of martial art. Strung together as a sequence, the rhythmic breathing of yoga and the quickness of the martial arts resemble a dance.

"You need to have the flexibility to transition between positions and this requires you to be strong, dynamic and in possession of your body," explains Shayne. "Budokon is a system. People who attain the highest level are not only master yogis, but black belt martial artists. From yoga they will learn to be guarded and assertive in their moves. From martial arts they will learn speed, strength and power."

▶ A Budokon handstand.

A 90-minute class begins and ends with five minutes of mediation.

"Some moves require you to observe your breath and your body in motion simultaneously and meditation plays a large part in achieving that," Shayne says.

For more information, go to budokon.com

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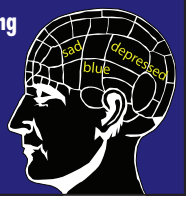

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Griddled & grilled cheese burgers

New York chef shares his grilling secrets. Here he offers up a basic burger topped with caramelized onions and spiked with chipotle chilies and Monterey Jack cheese.

When crafting a great burger, check the weather.

So goes the advice of Adam Perry Lang, owner of New York's Daisy May's BBQ USA restaurant, a classic rib shack known for its pulled pork and beef ribs.

"Sometimes I love a burger that is rich in fat — 70-30 blend of protein to fat," he said in an email. "I like these on colder days when I need fat and heartiness. In the summertime, a leaner burger is appreciated. 90-10 can do the trick."

Whatever your blend, cook with care. He aims to create a moist, tender interior and a well-developed caramelized crust.

"I am a burger fanatic," he said. "My most memorable has to be the one I would get when I was eight years old spending our summers on the beach in Montauk. This was in front of Gurneys Inn. They called it the Gurney Burger and it was served on an English muffin."

For the AP's 20 Burgers of Summer series, Perry Lang offered up a basic burger — nearly a half-pounder — topped with caramelized onions spiked with chipotle chilies and Monterey Jack cheese.

Ingredients:

- 1.1 kg (2 1/2 pounds) ground beef (80 per cent lean)
- 60 ml (1/4 cup) cold water
- 7 ml (1 1/2 tsp) kosher salt, divided
- 7 ml (1 1/2 tsp) ground black pepper, divided
- 15 ml (1 Tbsp) canola oil
- 30 ml (2 Tbsp) unsalted butter or olive oil
- 6 small to medium sweet white onions, thinly sliced
- 30 ml (2 tbsp) pureed chipotle in adobo
- 60 ml (4 tbsp) thinly sliced scallions
- 30 ml (2 Tbsp) coarsely chopped fresh cilantro
- 30 ml (2 Tbsp) flat-leaf fresh parsley leaves
- 6 slices Monterey Jack cheese
- 6 hamburger buns

THE ASSOCIATED PRESS

Serves 6
Prep and cook time, start to finish: 30 min.

▶ Griddled and grilled Monterey Jack cheese burgers with spicy chipotle caramelized onions and cilantro.

Preparation:

1. In a large bowl, mix together the beef and water. Shape into 6 patties, about 2.5 cm thick.
2. In a small bowl, mix together 5 ml (1 tsp) each of the salt and pepper. Use the blend to season the burgers, pressing it into the meat. Heat a grill to medium-high.
3. Set a griddle pan on the grill and add half of the butter or oil. When the pan is hot, add the onions, season with the remaining 2 ml (1/2 tsp) each of salt and pepper and saute until the onions soften and start to brown. Add the pureed chipotle, scallions and cilantro.
4. Push the onions to one side of the griddle. Heat the remaining butter or oil on the empty side and place the hamburgers on it. Cook for 2 minutes, then flip and cook for another 2 minutes. Move the burgers to the grill and cook to desired doneness, flipping halfway through (2 minutes per side for medium-rare).
5. Stir the parsley into the onions and spoon the onions onto the hamburgers. Lay a slice of cheese on top of each and continue cooking until it melts. Place a burger in each bun and serve.

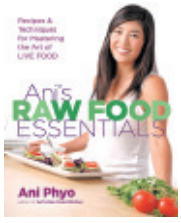
THE ASSOCIATED PRESS

▶ Chef Adam Perry Lang

Chef creates tasty treats without the meat

Raw foodie author Ani Phyo introduces delicious, light cuisine ideas — hot off the press.

Raw Food



Who's that lady?

Raw food chef Ani Phyo. The 42-year-old was voted "sexiest raw food chef" in 2008 and 2009 and has also authored Ani's Raw Food Kitchen and Ani's Raw Food Desserts.

The Scoop:

Ani's Raw Food Essentials boasts more than 250 creative recipes that challenge the limitations of raw food. It also packs a healthy dose of practical advice.

Her philosophy:

"I like to emphasize to people that they don't have to be extreme," says Phyo. "You can add fruits and vegetables and more fresh, whole foods to any diet."

Favorite recipe:

Pad Thai with kelp noodles. "Kelp noodles are made from a sea vegetable that's packed with minerals. High in iodine, they help regulate our thyroid to balance metabolism."

On-the-go tip:

"I take sheets of Nori with me, which can add flavor to a salad or plump up in water for a snack," says Phyo.

Liquid Assets

Wines inspired by real life

Since I love it when there's a chemistry between what's happening in the news and what I find in my glass, the fact that I tried the 2009 Big House White ($9.95 - $13.22) the same day Lindsay Lohan began her time as a guest of the California penal system wasn't lost on me.

Originally created by iconic California winemaker Randall Graham as part of his Bonny Doon family of wines; the Big House line (that also includes a red and pink version) was sold to another company a few years ago.

Named for nearby Soledad State Prison in Monterey County, the white is an eclectic mob of grape varieties that includes chenin blanc, sauvignon blanc and viognier, to name a few. The mix creates a über fragrant wine with a juicy, citrus-meets-tropical flavour and surprisingly Mediterranean sensibility.

If you prefer your sauvignon blanc all by its lonesome, the 2009 Oyster Bay Sauvignon Blanc ($16.95 - $20.37) from New Zealand is rich and full-bodied with a lengthy vegetal backbone of asparagus and light gooseberry.

Try both wines with shellfish (especially crab), meatier white fish, chicken and any dish with a touch of spiciness.

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Yogurt saves the day?

Probiotics are the new buzz world in the culinary world We find out the basics of the food phenomenon

Stroll down your local dairy aisle and observe: Many products boast probiotics, good-for-you bacteria that can help our bodies' digestion and boost our immunity. But what does it all mean?

"Probiotics in general are a bit of a Wild West situation," says gastroenterologist and assistant professor of medicine at Yale University, Dr. Anish Sheth. "It's a buzz word, something a lot of people are touting, but there is a lack of quality control."

He explains that there are two forms available to consumers: One is probiotic supplements such as Phillips Colon Health, for which Dr. Sheth is a spokesperson. The other is through food products, such as yogurts, cereals, chocolates and drinks.

"In food, it's less clear how many billion colonies [of bacteria] you get if you ingest, say, a smoothie," Dr. Sheth says. "Because (probiotics) are not regulated by the FDA, these food products are suited for maintaining general health. They aren't designed to specifically tweak serious gastrointestinal problems."

METRO WORLD NEWS

The basics

- **What probiotics do:** Help with bloating, diarrhea and constipation
- **Where they are found:** Yogurts and cultured dairy products and supplements
- **How they work:** When there is an imbalance between the healthy bacteria in our intestine and the bad bacteria, boosting the healthy bacteria can help correct digestive upsets.

▶ Foods with probiotics are great for maintaining general health.

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(Old) man drinking

Robert Schnakenberg's new book has advice from the pros on keeping it old-school at the bar

Anyone can pour a glass of bourbon, but it takes some coaching to drink like a proper old man (or use bitters with any real success).

That's where Robert Schnakenberg comes in. For his new book, Old Man Drinks, he compiled retro recipes along with the history of the cocktails and advice from their faithful drinkers.

"There are a lot of variations on how to make something as simple as a gin and tonic," says Schnakenberg of the research process."I did a lot of taste tests — and then in the morning I cleared my head and adjusted accordingly."

Along with still-familiar classics such as the Cuba Libre, Negroni and Tequila Sunrise, the book also includes forgotten sips such as Satan's Whiskers (gin, vermouth, orange juice, Gran Marnier and orange bitters) and the aptly named Obituary (gin, vermouth, absinthe).

But it's the advice — on everything from women to the dangers of American Idol — by which aspiring old man drinkers will really benefit.

Sometimes nostalgic, sometimes mischievous, it's all from a group of guys in front of whom you wouldn't order a light beer.

"I don't know if I, or anyone, should live by the advice ... But I'm certainly inspired by some of it."

MONICA WEYMOUTH

Mix one up

Grumpy Old Man
(From Old Man Drinks)
Use sour mix instead of ginger ale, and this one becomes a "Grumpier Old Man."

What's in it:
- **2** ounces bourbon
- **1** ounce lime juice
- Ginger ale

How to make it:
Pour the bourbon into an Old Fashioned glass. Add the lime juice and top with the ginger ale. Serve.

Superfood: Prunes

Sweet, sticky and chewy, dried plums, or 'prunes,' are also a great addition to our diet. A rich source of the anti-oxidants phenol ad beta carotene. Beta carotene provides us with Vitamin A as well as acting as a fat soluble anti-oxidant. This helps eliminate free radicals that would otherwise cause damage to our cells. Prunes are a great source of potassium — a mineral that is vital in helping us maintain normal blood pressure, heart function and bone health. They also contain soluble fibre that helps slow down the rate at which food is absorbed by the stomach.

ROMINA MCGUINNESS

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BANANA BREAD

Prep Time: 10 mins. / Baking Time: 45 mins.
Yeilds: Makes one 8 1/2 x 4 x 2.5 Loaf Pan

Ingredients
1/3 cup (120g) water
6 tbs. canola oil
2 (150g) ripe bananas
2 tbs. raisins
270g Grace Banana Bread Mix

Method
1. Combine 270g of Grace Banana Bread flavored mix with 1/3 cup of water, 6 tbs. of canola oil, 2 ripe bananas – 150g (mashed) and 2 tbs. of raisins.
2. Blend well using an electric food mixer with a whisk attachment.
3. Pre-heat the oven to 350°F.
4. Pour into a greased loaf pan (8½ x 4 x 2.5) and bake for 45 minutes or until bread is completely baked.
5. Remove to a rack to allow to cool.

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Smug Marrieds

KATE STEWART & BRET DAWSON
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If your relationship is being driven into the ground by bad communication it's up to you to say so

Q: Smug Marrieds, I used to drive all the time, but now my hubby is always in the driver's seat and I'm the passenger. What's up with that?

Kate says...

Maybe you can explain this phenomenon to me. I have never understood it, and I've seen it happen again and again. Not always, but really, really often, women just let their husbands drive all the time when they are in the car together. It's not that they've forgotten how to drive — they still manage to get around quite handily when they are alone.

Drinking helps, I find. If he always drives, then surely he must always drive when you've been out to a dinner party, which means you get to drink all the wine. Typically, unless he is truly freakishly uptight about this, he realizes the sacrifice he's making and you naturally end up negotiating equal driving rights.

▶ Sometimes it's healthy to have a good fight.

But then, not everyone drinks, so the question remains: Is it just that once comfortably coupled, men feel that they can let their naturally controlling instincts prevail behind the wheel? With Bret and me, I drive maybe 80 per cent of the time, which, from what I can tell, suits us both.

Bret says...

Darling, do you even need me to write this column?

Q: I just moved in with my girlfriend. We've been together for over a year and have never really fought. Now all of a sudden I find everything she does totally annoying (48 bucks on fashion magazines?!?). I think she feels the same way. Are we dust?

Bret says...

Yes. Yes, you are totally dust. As Kansas once said, "All we are is dust in the wind."

Okay, here's the deal. When Kate and I first moved in together, I thought it would be good to impress her with my command of the kitchen. Once, I had some really good chili where the secret ingredient was two squares of unsweetened chocolate.

So when it came time to show off my chops over the stove, I dreamed up a little concoction involving cocoa-infused brown rice. It tasted like 12 layers of ass. Kate did not like eating it. I did not like eating it either. She was too polite and I was too full of Grade 7 pride to just dump it in the garbage and order something Thai instead.

And I felt small and humbled inside. Are we, I asked myself, dust? Looking back, the answer is clear: Of course not.

Kate says...

Are you dust? Not if you do something about this fast.

When Bret and I moved in together, I personally felt like killing him about five minutes into the whole deal.

Bret and I communicated pretty much exclusively by snapping at each other and glaring for the first week we lived together, after sustaining an impressive dewy and doe-eyed phase in our relationship. If you've been together for a full year and never once had a proper drag-'em-out, hold-no-prisoners yelling match, there is probably something you're not telling each other.

The luxury of being able to slink back to your own place to stew and steam and repress all those pent-up resentments over niggling slights is gone. Now you actually have to talk to each other.

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Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS

WHO WANTS TO BE A MILLIONAIRE?

For all the credit card–bearing, name-brand-buying, payment-plan-using, non-cash-carrying consumers out there, this message is for you: it doesn't matter how much money you have, if you don't learn how to keep it, you'll never be rich.

One of the primary reasons people go bankrupt or don't have savings is due to improper cash-flow management.

Studies have shown that most self-made millionaires believe keeping a meticulous budget is the best tool a person can used to build net worth. To get started, open up a spreadsheet. Now, identify and add up all sources of monthly income.

Then, identify your expenses — big and small.

Without sounding like a cereal commercial, take the Four-Week Challenge. Keep all your receipts for four weeks — from the pack of gum to the tools you bought at the hardware store. The Four-Week Challenge will reveal how shockingly expensive little things can be. Then, consider cutting back on expenses that don't help build your bottom line.

True millionaires have become wealthy through self-discipline and living within their means; not through spending foolishly to bolster their image.

Beware little birds returning to nest

Don't let your kids' financial boomerang hit you in the back of the head

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Take a gander at this stat: from 2001 and 2006 the number of 25 to 29-year-olds who were either still living at home or had returned to the nest nearly tripled. And this was before the recession.

So many are returning home as young adults that Statistics Canada dubbed them the boomerang generation. The Stats Can wits say those who never left home at all, "failed to launch."

Gen Y'ers — born 1977-1986 — aren't necessarily more indolent than previous generations, (though some are!) rather they're being squeezed in a vice. According to Statistics Canada, employment income for 22 to 34–year-olds has decreased relatively regardless of education over the past two decades. At the same time the cost of living, especially education, has increased dramatically. It's a pretty simple recipe for disaster — less money chasing greater expenses.

Paying down education debt or saving for an asset like a car or a house are two reasons to head or stay home. But financial difficulties caused by heedless spending is something different. A few years ago one of my daughters wanted back in, but refused to discuss the reason, which I knew was largely caused by over spending. I made it a condition of her return that we would monitor her finances. Along with giving birth to her, this was among the most painful experiences of my life — but it worked. She is now a very financially responsible mom. No matter why your child comes back home be clear about why so you don't enable bad habits and make sure he or she contributes financially or you'll find your own disposable income suddenly shrinking.

▶ If your child moves home be careful of lending them money.

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New York $172
Travel Aug 19 - Aug 26/pd + taxes & fees $124

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Travel Aug 18/ws + taxes & fees $90

Chicago $218
Travel Oct 13 - Oct 20/dl + taxes & fees $124

New Orleans $250
Travel Nov 3 - Nov 10/ws + taxes & fees $124

Paris $344
Travel Oct 2 - Oct 15/ts + taxes & fees $363

Honolulu $458
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TICO

Getting your foot in the door and on the runway

ISTOCK

▶ Helping aspiring fashion designers get their start is the goal of John MacKay.

Toronto PR firm launches mentorship program for designers

HEATHER BUCHAN
WORK@METRONEWS.CA

Canadian public relations guru, John Mackay, founder of PR firm Mackay & Co., and his associate Joshua Norton, are fashion industry veterans who count Tiffany and Co. and Hermès among their clients.

As a way to give back to the community they love, the pair has launched an innovative mentorship program aimed at equipping up-and-coming designers with the communications skills necessary to make it in the fashion biz.

"Initially, we thought we'd do their PR for them free of charge," explains Mackay. "But then we thought, if they're going to build a business in Canada, they may never have the money to promote themselves effectively using agencies. They may have to do it themselves." And thus, the Mackay & Co. mentorship program was born.

Their first "student" is Chinese-born, Toronto-based womenswear designer Paris Li.

"They have helped me develop my marketing communications skills."
MACKAY & CO. STUDENT PARIS LI

"English is not my first language and sometimes I have found it difficult to express what I am trying to do in a business situation," says Li, adding that since beginning her mentorship with Mackay and Norton, her confidence has increased and she's more comfortable with buyers and the media.

"They have helped me develop my marketing communications skills, and also reinforced some things I knew but was not confident about," she explains.

Aside from helping designers develop communication skills with buyers, the press, retailers and banks, Mackay and Norton also work with them to execute unique public relations plans.

Mackay & Co. are currently searching for their second designer "student." For more information, go to mackayandco.com.

JOHN MACKAY'S TIPS

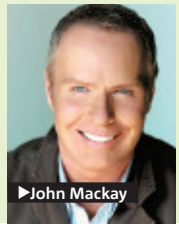
Top 5 tips for aspiring fashion designers:

1. Learn to be formal: You grew up in an informal world with texting, Facebook and other abbreviated communications. But business is business. Learn to write a great letter, an e-mail people will want to read, leave a great voicemail, etc. There are rules. Learn them.

2. Pick up a book on etiquette: Etiquette? That's the art of treating people well — and politely. Doesn't matter how you live, what your style or how old you are, a little grace goes a long way.

3. Accuracy matters: When we get an e-mailed job letter or resumé with typos, we toss it. Take time to proof your communications.

4. Learn about me: "Me" being the company you're trying to get an interview or a job with. Think about the company you're applying to. Show them you really understand who they are and what they do.



▶John Mackay

5. Be relentless: Don't stop trying. Ever. If you want it with all your heart, you'll get it — or pretty darn close.

HEATHER BUCHAN

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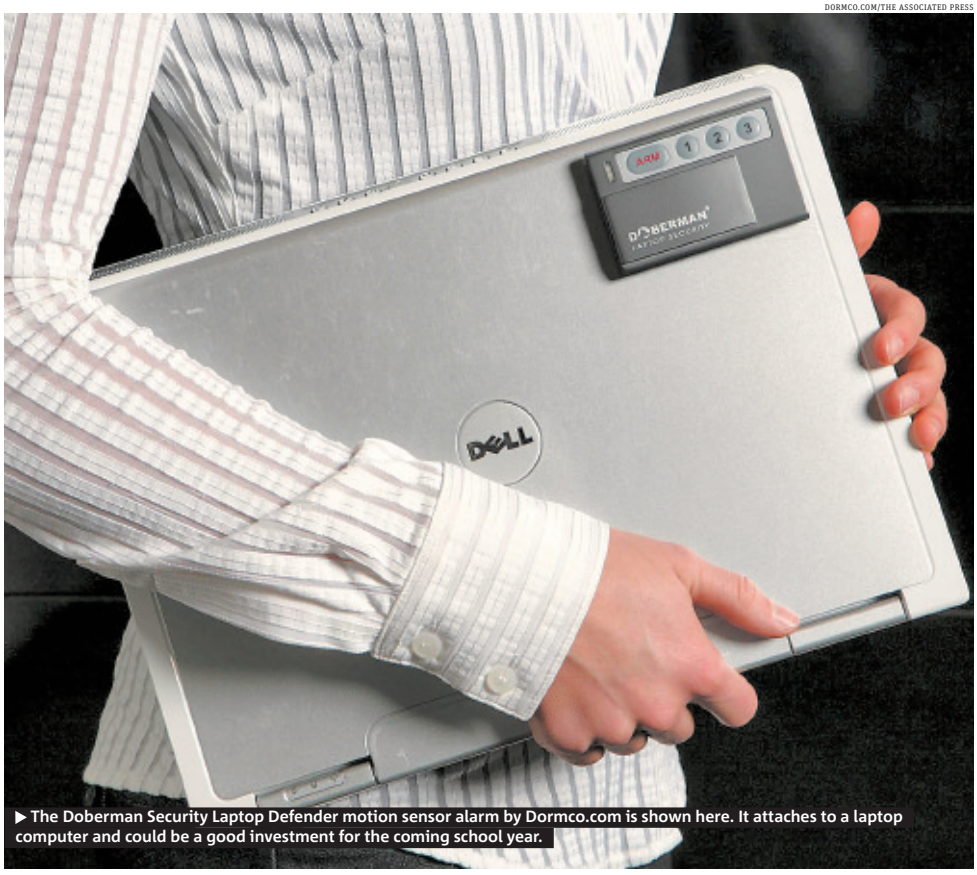
DORMCO.COM/THE ASSOCIATED PRESS



▶ The Doberman Security Laptop Defender motion sensor alarm by Dormco.com is shown here. It attaches to a laptop computer and could be a good investment for the coming school year.

University safety shopping tips

The annual university shopping trip is almost upon us Remember there is more to school than toys, security must be considered too

While it's fun to stock up on posters, shower caddies and desk lamps, experts say you also should consider how you'll keep yourself, and your stuff, safe on campus.

Common sense is the best defence, says Chris McGoey, who runs a security business in Los Angeles and consults on campus safety.

"It's all about access. In most incidents, victims were careless, unaware and too trusting," he says.

In dorm suites and hallways, there may be visitors you don't know. Many first-year students like to adopt an "open-door" policy when they get moved into dorms. But that's an invitation to would-be thieves.

"If you have a computer, laptop or other electronic equipment, tether it to something solid using a security cable," advise the "college life" editors at the school-advice site SparkNotes.com.

There are also motion-sensor locks for laptops. And Orbicule's Undercover is a monitoring device for your Mac, iPhone or iPad; for a student price of $39 US, the downloadable software will snap a photo of the person who took your Mac and track the IP address anywhere in the world — information that can be given to police. In the meantime, lockout features prevent the thief from accessing anything on the computer.

As for smaller valuables, some students suggest keeping them in a trunk — the kind you take to summer camp — with a combination lock. Trunks also make handy nightstands.

Jeff Gawronski of DormCo.com, an online retailer that sells dorm security items, says his biggest seller is a room safe. Safes these days have been scaled down to look less intimidating in a dorm room.

Diversion safes are containers that look like everyday items — cleanser cans, for example. The idea's clever, so long as nobody accidentally throws the safe out. If your roommate has lost a key, don't leave the door unlocked. Instead offer to help find the resident assistant to get a new lock and keys.

In general, familiarize yourself with the school's security systems and dorm environment. Locate fire extinguishers, and keep a small one on hand if you have appliances.

DormCo.com stocks a Kevlar fire blanket to smother flames.

Female students may feel safer at night with a small pepper spray canister, if the school allows it. CollegeStudentSafety.com even sells jogging weights with a small vial hidden in the grip. A keychain with an alarm may offer peace of mind. THE ASSOCIATED PRESS

Identity Theft

- Students are at particular risk for identity theft, according to a survey by Impulse Research for the Chubb Group Insurance Cos. Some simple steps can reduce the risk:
- Don't give out bank, credit card or social security information over the phone or online. Shred sensitive documents, or use an identity blocker stamp that obscures personal info. Be careful about replying to solicitations, and check bank balances frequently. If your wallet or purse is stolen, let your bank, the school and the police know immediately.

THE ASSOCIATED PRESS

Union fights ruling on Kovalchuk

The NHL Players' Association filed a grievance yesterday that disputes the league's rejection of Ilya Kovalchuk's $102-million US, 17-year contract with the New Jersey Devils.

An independent arbitrator will be named to settle the battle over a contract the NHL felt violated the spirit of the collective bargaining agreement with the players. Kovalchuk cannot play until the case is resolved.

"Under the terms of the CBA, the NHLPA and Mr. Kovalchuk are entitled to an expedited resolution of this matter," the NHLPA said in a statement.

It added the union would have no further comment "until this matter has been resolved by an arbitrator."

NHL deputy commissioner Bill Daly, who called the longest deal in league history a "circumvention of the CBA" in rejecting the landmark contract last week, said they were ready to face the arbitrator.

"Although there is no defined timetable at this point, we intend to work with the players' association to ensure an expeditious resolution of this dispute," Daly said in a statement. "The league looks forward to the opportunity to establish its position before the arbitrator."

THE CANADIAN PRESS

MEL EVANS/THE CANADIAN PRESS

▶ Ilya Kovalchuk

RICHARD LAUTENS/TORSTAR NEWS SERVICE

▶ Julian de Guzman battles for a header against Dallas' Atiba Harris Saturday.

Extra games a shot at glory

Toronto FC takes time away from MLS playoff hunt for Champions League Will face Motagua tonight at home, next week in Honduras

It's two more games requiring lots of extra travel at an already busy time of the season.

The preliminary round of the CONCACAF Champions League, which opens tonight at BMO Field, appears to be a big burden on a Toronto FC side struggling to regain its form as it battles to make the Major League Soccer playoffs for the first time.

Appearances are deceptive. For this is a competition the Reds — and their supporters and owners — definitely want in on.

The CONCACAF Champions League, like its much higher profile cousin in Europe, runs concurrent to the domestic season and features the top club teams in North and Central America and the Caribbean. The winner, who will be crowned next spring, advances to the annual FIFA Club World Cup against the title holders from other continents.

MOTAGUA | TFC

▶ **Time:** 8 p.m.
Channel: GolTV

"This is something that could change the culture of football, not just for the club, but for the country," said midfielder Julian de Guzman, a former player in Spain's top-flight La Liga, when asked about the significance of the competition. "Being involved in a prestige tournament, especially the Champions League, is a huge thing we've been fighting for."

TFC marched confidently to its second straight Canadian championship over the Vancouver Whitecaps and Montreal Impact without conceding a goal this spring. That gave the Reds a ticket to the preliminary round, a two-game set against Club Deportivo Motagua of Honduras, which qualified as runner-up of the 2010 domestic Clausura.

TFC, which lost 1-0 on aggregate to the Puerto Rico Islanders in last year's Champions League preliminary round, knows the importance of a successful start tonight, especially with the return leg slated for the altitude of Tegucigalpa a week later.

"Obviously, going down there for the second leg is going to be tough, not only the travel but the environment as well," said midfielder Jacob Peterson.

"We want to come out strong, push the tempo, get up early and then see what happens down in Honduras."

TORSTAR NEWS SERVICE

It's official: Raptors add Kleiza to roster

Linas Kleiza is officially a Toronto Raptor.

The team announced the signing yesterday, nine days after it acquired the 25-year-old forward when the Denver Nuggets opted not to match Toronto's offer sheet. Financial terms have not been released.

"Linas has that unique inside/outside game that makes him a tough cover at a couple of different positions," Raptors general manager Bryan Colangelo said. THE CANADIAN PRESS

8.3
Number of points Kleiza averaged per game with Denver.

STREETER LECKA/GETTY IMAGES

▶ Linas Kleiza

Sports in brief

Paul doesn't ask for trade

NBA. New Orleans Hornets star guard Chris Paul did not request a trade yesterday in his meeting with new coach Monty Williams and top team officials, general manager Dell Demps said.

Demps added he was confident Paul would still be with New Orleans when the coming season opens.

Bengals seek to add Owens

NFL. Bengals owner Mike Brown is trying to bring receiver Terrell Owens aboard. Brown said yesterday the team is discussing a contract with Owens' agent, Drew Rosenhaus. The 36-year-old Owens is working out with Bengals quarterback Carson Palmer in California.

THE ASSOCIATED PRESS

4 sports

The connection

Can you guess the connection between these athletes? Answer below.

CONNECTION ANSWER: ALL SIGNED CONTRACTS YESTERDAY (TEEL WITH HAWKS, THOMAS WITH BULLS, RAYMOND WITH CANUCKS AND PARENT WITH PREDATORS.)

Quoted

"I definitely think the team we have here now is how they played in the '90s."

BRIAN MCCANN, ON THE ATLANTA BRAVES

Scan code for news

Dose of the O's was just what Jays needed

Offence leads Toronto over baseball's worst team

5	9
ORIOLES	BLUE JAYS

The Toronto Blue Jays really needed a date with a pushover yesterday after returning from a gruelling 10-game road trip with an exhausted bullpen, and the schedule just happened to bring over their favourite one.

Baseball's worst team was once again the cure for all that ailed their hosts, offering up little resistance as Brandon Morrow, Aaron Hill and Jose Bautista led the way in a 9-5 victory.

Hill opened the scoring with an RBI single in the second and later added a two-run homer, Bautista put the game out of reach with a three-run blast in the fifth and Adam Lind also went deep as the Blue Jays (51-49) improved to 10-0 versus the Baltimore Orioles this season.

The offensive outburst was especially timely given that Morrow (7-6), throwing on eight days rest after being skipped to keep his innings total down, was limited to about 100 pitches, and that manager Cito Gaston only had two relievers available in his bullpen.

Morrow made it through six innings — allowing only a two-run blast to Matt Weiters in his final frame — and handed over an 8-2 lead.

THE CANADIAN PRESS

Another no-no

Matt Garza pitched the first no-hitter in Tampa Bay Rays history and the fifth in the major leagues this season, beating the Detroit Tigers 5-0 last night.

- Garza faced the minimum 27 batters, allowing only a second-inning walk.
- The last time there were at least five no-hitters in a season was 1991, when Hall of Famer Nolan Ryan threw one of seven in the big leagues that year, according to STATS LLC.

THE ASSOCIATED PRESS

Scoreboard

BASEBALL

AL EAST

	W	L	Pct	GB
NEW YORK	63	35	.643	-
TAMPA BAY	60	38	.612	3
BOSTON	55	44	.556	8.5
TORONTO	51	49	.510	13
BALTIMORE	31	68	.313	32.5

AL CENTRAL

	W	L	Pct	GB
CHICAGO	53	44	.546	-
MINNESOTA	53	46	.535	1
DETROIT	51	47	.520	2.5
KANSAS CITY	42	56	.429	11.5
CLEVELAND	41	58	.414	13

AL WEST

	W	L	Pct	GB
TEXAS	58	41	.586	-
LOS ANGELES	52	49	.515	7
OAKLAND	50	48	.510	7.5
SEATTLE	39	60	.394	19

Yesterday's AL results

Toronto 9 Baltimore 5
N.Y. Yankees 3 Cleveland 2
Tampa Bay 5 Detroit 0
Minnesota at Kansas City
Seattle at Chicago White Sox
Boston at L.A. Angels

Today's AL games

N.Y. Yankees at Cleveland, 7:05 p.m.
Baltimore at Toronto, 7:07 p.m.
Detroit at Tampa Bay, 7:10 p.m.
Oakland at Texas, 8:05 p.m.
Minnesota at Kansas City, 8:10 p.m.
Seattle at Chicago White Sox, 8:10 p.m.
Boston at L.A. Angels, 10:05 p.m.

NL EAST

	W	L	Pct	GB
ATLANTA	57	41	.582	-
PHILADELPHIA	53	46	.535	4.5
NEW YORK	50	49	.505	7.5
FLORIDA	49	49	.500	8
WASHINGTON	42	57	.424	15.5

NL CENTRAL

	W	L	Pct	GB
ST. LOUIS	55	44	.556	-
CINCINNATI	55	45	.550	.5
MILWAUKEE	47	53	.470	8.5
CHICAGO	45	54	.455	10
HOUSTON	40	58	.408	14.5
PITTSBURGH	34	64	.347	20.5

NL WEST

	W	L	Pct	GB
SAN DIEGO	58	39	.598	-
SAN FRANCISCO	56	43	.566	3
LOS ANGELES	53	46	.535	6
COLORADO	51	48	.515	8
ARIZONA	37	62	.374	22

Yesterday's NL games

Florida 5 Atlanta 4 (11 ings)
Houston 4 Cincinnati 0
L.A. Dodgers 1 N.Y. Mets 0
Milwaukee 8 Washington 3
Philadelphia 4 Colorado 3
San Diego 6 Pittsburgh 3
San Francisco 3 Arizona 2 (10 ings)
St. Louis at Chicago Cubs

Today's NL games

Arizona at Philadelphia, 7:05 p.m.
Atlanta at Washington, 7:05 p.m.
St. Louis at N.Y. Mets, 7:10 p.m.
Chicago Cubs at Houston, 8:05 p.m.
Cincinnati at Milwaukee, 8:10 p.m.
Pittsburgh at Colorado, 8:40 p.m.
L.A. Dodgers at San Diego, 10:05 p.m.
Florida at San Francisco, 10:15 p.m.

JAYS MONDAY BOX SCORE

BALTIMORE	AB	R	H	BI	BB	SO	AVG.
B.ROBERTS 2B	5	0	2	0	0	0	.185
M.TEJADA 3B	5	0	0	0	0	0	.269
MARKAKIS RF	3	1	1	0	1	0	.294
SCOTT DH	4	2	1	2	1	0	.295
AD.JONES CF	5	0	1	0	0	3	.271
PIE LF	4	0	0	0	0	3	.269
WIETERS C	2	2	2	3	2	0	.251
FOX 1B	4	0	2	0	0	2	.229
C.IZTURIS SS	4	0	1	0	0	1	.248
TOTALS	**36**	**5**	**10**	**5**	**4**	**9**	

TORONTO	AB	R	H	BI	BB	SO	AVG.
F.LEWIS LF	4	1	1	1	1	0	.279
Y.ESCOBAR SS	5	1	1	0	0	2	.359
J.BAUTISTA RF	4	2	2	3	0	0	.245
V.WELLS CF	4	1	1	0	0	1	.271
LIND DH	4	2	3	2	0	0	.222
A.HILL 2B	4	1	2	3	0	0	.202
OVERBAY 1B	4	0	0	0	0	2	.248
ENCARNACION 3B	4	0	2	0	0	0	.249
1-MCCOY PR-3B	0	1	0	0	0	0	.200
J.MOLINA C	3	0	1	0	0	0	.276
TOTALS	**36**	**9**	**13**	**9**	**1**	**5**	

BALTIMORE	IP	H	R	ER	BB	SO
BERGESEN L,3-9	5	10	8	8	1	1
ALBERS	3	3	1	1	0	4
TORONTO	**IP**	**H**	**R**	**ER**	**BB**	**SO**
MORROW W,7-6	6	5	2	2	4	6
JANSSEN	1⅓	5	3	3	0	2
PURCEY S,1-1	1⅓	0	0	0	0	1

TODAY IN SPORTS

July 27

1973 - The Miami Dolphins beat the College All-Stars 14-3 in Chicago.
1986 - Greg Lemond becomes the first American to win the Tour de France.

Service Directory

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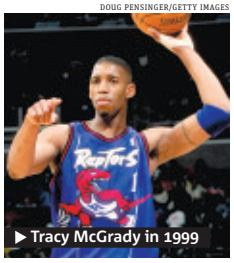
McGrady works out with Bulls

Ten years after turning Chicago down, T-Mac could be a fit for Bulls Injury questions follow former Raptor

DOUG PENSINGER/GETTY IMAGES



▶ Tracy McGrady in 1999

Seven-time all-star Tracy McGrady worked out for the Chicago Bulls yesterday with hopes of landing with the team he turned down a decade earlier.

McGrady could be a low-risk addition for a reconfigured team coming off back-to-back first-round playoff exits. The Bulls wouldn't have to pay him much and could refuse to fully guarantee the deal if they make an offer, but there are big questions surrounding his health.

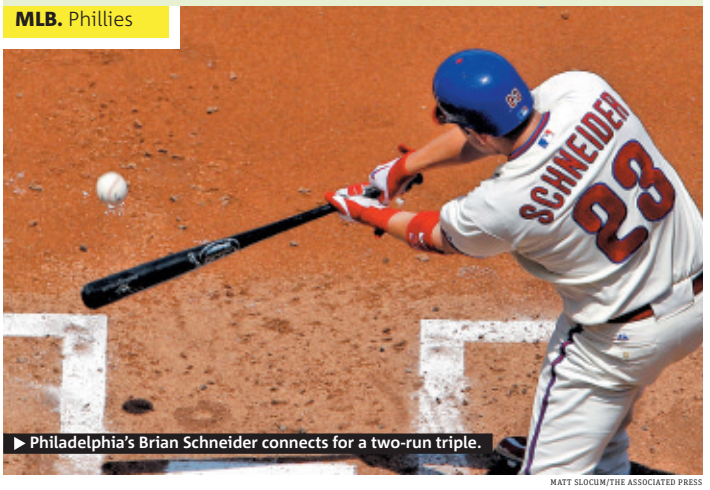
The two-time scoring champion had microfracture surgery on his left knee in February 2009 and appeared in just 30 games last season with New York and Houston, averaging 8.2 points.

On his Twitter account in the past week, McGrady praised the Bulls and referenced the courtship 10 years ago when he was one of the top prizes in a free agent class that included Grant Hill and Tim Duncan.

A three-piece band, cheerleaders, team mascot Benny the Bull and then-general manager Jerry Krause greeted him at O'Hare Airport, but with little talent in place, the Bulls struck out. McGrady wound up leaving Toronto for Orlando instead.

THE ASSOCIATED PRESS

MLB. Phillies



▶ Philadelphia's Brian Schneider connects for a two-run triple.

MATT SLOCUM/THE ASSOCIATED PRESS

Phils complete sweep after nervy 9th

Brad Lidge escaped another bases-loaded jam in the ninth inning and the Philadelphia Phillies held off the Colorado Rockies 5-4 yesterday to complete a four-game sweep.

Backup catcher Brian Schneider's two-run triple sent the Phillies toward their fifth straight win. The two-time NL champions pulled within 4½ games of idle East-leading Atlanta.

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BATHURST & STEELES	6000 Bathurst	Bach $825 1 Bd $1000 2 Bd $1135 3 Bd $1375	416-529-3867	One month free on select suites

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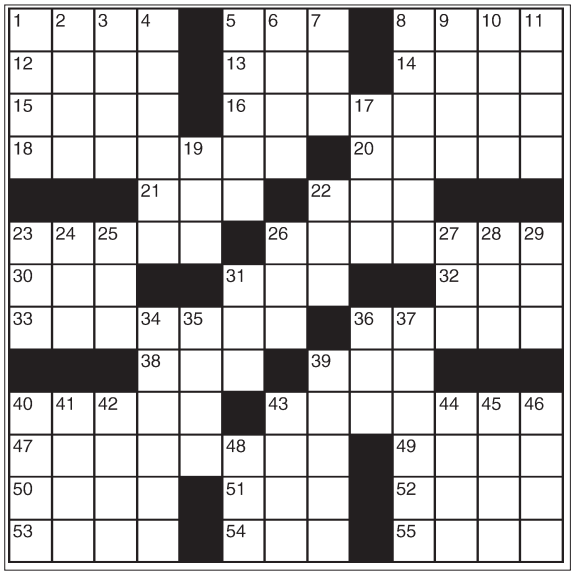
Crossword



Across

1 "The Lion King" villain
5 Hurried
8 Piquancy
12 Earring location
13 Discoverer's cry
14 Draftee's rating
15 Astringent
16 Soccer prize
18 Escape
20 Supermarket section
21 Barbie's companion
22 Hot tub
23 Manhandled
26 Sweetheart
30 Past
31 "The Daily Show With — Stewart"
32 Newton fruit
33 Baker's need
36 Surpass
38 Lower limb
39 Relatives
40 Slander
43 Corridor
47 Zamfir's instrument
49 Relaxation
50 Line of rotation
51 — -jongg
52 Epider-mis
53 Roller coaster or Ferris wheel
54 Resort
55 The Red and the Black

Down

1 Refinery residue
2 Singer Natalie
3 Touch
4 New version of an old movie
5 Comic actor Atkinson
6 Sailor's call
7 Neither mate
8 Astrology signs
9 Contents of envs.
10 Pas — (dance solo)
11 Recording
17 Reindeer herder, maybe
19 Marry
22 Morning star
23 Calif.'s ocean
24 — Khan
25 Stir-fry vessel
26 Swindle
27 Sternward
28 Tease
29 Id counterpart
31 Binge
34 Pass by
35 Actress Gilpin
36 Rembrandt's medium
37 If not
39 Buckwheat porridge
40 Mast
41 Long skirt
42 Oklahoma city
43 Jalopy
44 Arouse
45 Largest continent
46 Longings
48 Afternoons, for short

▶ Yesterday's answer

I	C	E	D	■	M	A	G	■	R	A	T	A
D	A	M	E	■	I	N	N	■	O	N	E	S
E	R	I	C	■	S	N	A	P	B	A	C	K
A	T	T	A	C	H	■	W	O	R	T	H	S
■	■	■	M	U	M	S	■	D	O	H	■	■
J	U	M	P	B	A	I	L	■	Y	E	T	I
O	R	A	■	E	S	T	A	S	■	M	E	N
G	I	L	T	■	H	U	M	P	B	A	C	K
■	■	D	A	D	■	P	E	R	U	■	■	■
S	T	E	R	E	O	■	L	Y	C	E	U	M
C	A	M	P	B	E	L	L	■	K	Y	L	E
O	R	E	O	■	U	S	A	■	L	E	N	T
W	O	R	N	■	F	U	R	■	E	R	A	S

Sudoku

	4		3					
1	2					6		5
		8		2				7
2		3		5	4			
	5						9	
			7	9		3		8
6				1		5		
9		1					2	3
					3		4	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	5	1	2	3	8	4	9	6
3	4	8	9	7	6	1	5	2
2	9	6	5	1	4	3	7	8
6	7	9	1	5	3	8	2	4
8	2	3	4	9	7	6	1	5
4	1	5	6	8	2	9	3	7
5	6	7	3	4	1	2	8	9
1	8	2	7	6	9	5	4	3
9	3	4	8	2	5	7	6	1

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GreySaber, when the sky is dark and the world is cold, you are the light that warms my soul. **ANJELKA**
Calandra, we've been through some hard times recently but we have, can, and will make it through, I love you so much **JAMIE**
babaay, I can't even begin to tell you how happy you've made me. Even though it's only been 3 months feels like over 3 years... Your the only one that makes me so 'Karaazzy' .... Can't stop won't stop... **JKJ**
Bb, Im so glad the 3000 miles apart hasn't stopped us from being together for one year! I love you more than anything and I always will. **YOUR DARLING**
Love for my Pretty Ricky It's only been a few months now but since you've been a part of my life I've been so much happier & just like a happily ever after, I hope this lasts forever ..
ALL MY LOVE, LALA ;)

The Weather Network ©The Weather Network 2010

Today: Partly cloudy 30°/19°
Wednesday: Thundershowers 70% 30°/18°
Thursday: Mainly sunny 25°/14°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 19 Everyone knows you are smart — you don't have to prove it. You may feel the urge to show off a bit today but there is a danger you could go too far and end up looking silly.

♉ Taurus April 20-May 21 Mercury is well placed in your chart at the moment and good news of one sort or another is sure to come your way over the next 24 hours. Having said that, it might be wise not to take too much for granted.

♊ Gemini May 22-June 21 By all means reach out and help someone who is having a hard time but don't poke your nose into their business if they make it clear they don't want your assistance.

♋ Cancer June 22-July 22 Your mind is moving extra fast at the moment and you will solve in an instant problems that others just can't get to grips with. Use your intellectual superiority to impress important people.

♌ Leo July 23-Aug.23 By all means think big but don't assume that your plans will somehow be magically translated into the kind of rewards and applause that you crave. There are no short cuts.

♍ Virgo Aug. 24- Sept. 22 You have to make a choice regarding your future and with Mercury moving into your birth sign today there is no doubt at all that you will make the right one. You know what it is you most desire — so take it.

♎ Libra Sept. 23-Oct. 23 There is a fine line between saying what needs to be said and saying too much and you must watch out you don't stray over it today. Do you really need to voice your opinions about someone's inadequacies? Then don't.

♏ Scorpio Oct. 24-Nov. 22 You need to confide in someone you trust, someone who will tell you what you need to hear rather than what they think you want to hear.

♐ Sagittarius Nov. 23-Dec. 21 Important people are watching you closely, and not only watching but listening too. The way you act under pressure will tell them what they need to know about your suitability for promotion.

♑ Capricorn Dec. 22-Jan. 20 If you are going to make some kind of offer you must be sure that you can deliver. It's no good boasting that you can do this and do that if, when it comes to the crunch, you struggle. It makes you look bad.

♒ Aquarius Jan. 21-Feb. 18 When taking risks there is always the possibility that you will get it wrong. So long as you are aware of that fact, and prepared to deal with it if it happens, then go ahead and make your play.

♓ Pisces Feb. 19-March 20 You may know that someone has not been telling the whole truth about what they've been up to but don't make it an issue of it. **SALLY BROMPTON**

Caption contest

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SAINT LUCIA

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+Taxes & other fees
(including service charges): $229

CUBA

Varadero

Sirenis La Salina Varadero Beach Resort • 4★

All-Inclusive • Standard rm.
Aug. 7–23 • 1 wk.

$599
+Taxes & other fees
(including service charges): $233
Departure tax: 25 CUC cash, paid locally
Please add $50 for Sat. & Sun. departures

Santa Clara

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(including service charges): $233
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2010 CHEVROLET COBALT XFE

MSRP $17,069

EMPLOYEE PRICING **$11,991***

PLUS **0%** PURCHASE FINANCING‡ FOR **60** MONTHS

INCLUDES FREIGHT, PDI, FEES & $4,300 CASH CREDIT♦

HWY: 5.4 L/100 km – 52 mpg CITY: 8.0 L/100 km – 35 mpg†

$1,500 GM CARD MAX. REDEMPTION ALLOWANCE†

CONSUMER'S BEST BUY DIGEST

2010 CHEVROLET MALIBU LS

MSRP $25,489

EMPLOYEE PRICING **$23,214***

PLUS **0%** PURCHASE FINANCING‡ FOR **60** MONTHS

INCLUDES FREIGHT, PDI, FEES & $500 CASH CREDIT♦

HWY: 5.7 L/100 km – 50 mpg CITY: 7.5 L/100 km – 38 mpg†

HIGHEST POSSIBLE U.S. GOVERNMENT CRASH SAFETY RATING†

$1,500 GM CARD MAX. REDEMPTION ALLOWANCE†

LT Platinum Edition model shown††

2010 CHEVROLET IMPALA LS

MSRP $28,814

EMPLOYEE PRICING **$25,246***

PLUS **0%** PURCHASE FINANCING‡ FOR **60** MONTHS

INCLUDES FREIGHT, PDI, FEES & $1,000 CASH CREDIT♦

HWY: 6.7 L/100 km – 42 mpg CITY: 10.8 L/100 km – 26 mpg†

$2,000 GM CARD MAX. REDEMPTION ALLOWANCE†

ASK ABOUT

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VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES.
Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $599 for Dealer fees.***

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ~$14,000 Price Adjustment includes $8,000 manufacturer to dealer delivery credit (tax exclusive) and $6,291 employee price discount (tax exclusive) available on 2010 MY Silverado/Sierra HD 2500 for retail customers only. Other delivery credits available on most models. Employee price discount amount based on MSRP of $65,190 (excluding $1,350 license, insurance, registration, fees associated with filing at movable property registry/PPSA administration fees, duties and taxes). Dealers are free to set individual prices. Any actual savings under the Employee Pricing Event program will vary depending on your dealer's prior selling prices. Employee price discount is available on the purchase/finance of an eligible new or demonstrator 2010/2011 MY Chevrolet/Buick/GMC/Cadillac or 2010 MY Pontiac/Hummer vehicle delivered between 6/23/10 and 8/31/10 at participating dealers in Canada. Ineligible vehicles: 2010/2011 MY Corvette Z51, Medium Duty Trucks and G-Vans (passenger, cargo, cutaway), 2011 MY Equinox, Terrain, Camaro, Regal, LaCrosse, Cadillac CTS Coupe and SRX. Dealer order or trade may be required. Limited quantities of certain 2010 models available. This offer may not be combined with certain other consumer incentives available on GM vehicles. GMCL may modify, extend or terminate this offer in whole or in part at any time without notice. Conditions and limitations apply. See your GM dealer for details. ‡‡0.0%/$4,500/$500/$1,000 is a manufacturer to dealer delivery credit for 2010 Chevrolet Aveo/Cobalt XFE/Malibu LS/Impala LS/1500 Silverado LS/Tahoe LS/Suburban LS/Colorado LS/GMC Sierra LS/Yukon LS/Canyon SLE-1 Crew Cab 2WD/Hummer H3 Alpha/Cadillac CTS Coupe/Escalade/Escalade ESV/Escalade EXT/DTS/STS/XLR/SRX V6 Turbo/Buick Enclave CX/Lucerne CX/Regal CX/LaCrosse CX/Pontiac G6 Value Leader/Chevrolet Cobalt LS/Chevrolet HHR LS/Chevrolet Impala LS/1500 Silverado LS Regular Cab 2WD/Tahoe LS/Suburban LS/Colorado LS Regular Cab 2WD/GMC Sierra LS Regular Cab 2WD/Yukon LS/Canyon SLE-1 Regular